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(71) Applicants *(for all designated States except US)*: **NEW CHAPTER INC.** [US/US]; 90 Technology Drive, Brattleboro, VT 05301 (US). **BOARD OF REGENTS OF THE UNIVERSITY OF TEXAS SYSTEM** [US/US]; 201 W. 7th St., Austin, TX 78701 (US).

(72) Inventors; and
(75) Inventors/Applicants *(for US only)*: **NEWMAN, Robert, A.** [US/US]; 112 Whale Rock Lane, Surry, ME 04684 (US). **YANG, Peiying** [US/US]; 5215 Riverstone Crossing Drive, Surgar Land, TX (US). **SCHULICK, Paul** [US/US]; 90 Technology Drive, Brattleboro, VT (US).

(74) Agents: **NATH, Gary** et al.; The Nath Law Group, 112 S. West Street, Alexandria, Virginia 22314 (US).

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(54) **Title**: COMPOSITIONS AND METHODS FOR MODULATING LIPID COMPOSITION

(57) **Abstract**: The present subject matter relates to a novel herbal and oil composition and methods for modulating fatty acid composition and metabolism in an animal. In one aspect, the subject matter involves a composition comprising rosemary extract, oregano extract, and a polyunsaturated oil. In a particular embodiment, the polyunsaturated oil is fish oil or a derivative thereof. In some embodiments, the present subject matter relates to methods for modulating essential dietary fatty acid composition of lipoprotein particles or cell membranes, modulating essential fatty acid metabolism, regulating the activity of lipoxygenases and cyclooxygenases, improving cardiovascular health, and / or inhibiting cell proliferation diseases and disorders.